



Blueberry Biscuits

READY IN



45 min.

SERVINGS



1

CALORIES



314 kcal

DESSERT

Ingredients

- ☐ 1 serving berry preserves
- ☐ 1 serving biscuit dough
- ☐ 1 pint half of blueberries
- ☐ 1 serving butter softened
- ☐ 1 serving lemon zest
- ☐ 1 pinch sugar

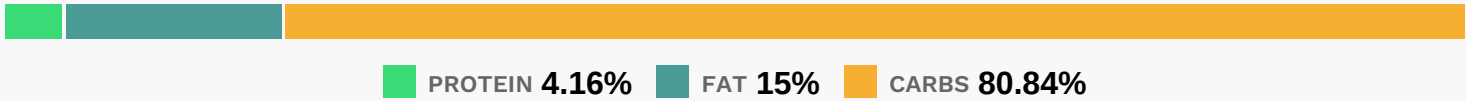
Equipment

- ☐ oven

Directions

- ☐ Stir blueberries, sugar, and lemon zest into any biscuit dough; cut and bake biscuits as directed.
- ☐ Serve hot biscuits with berry preserves mashed into softened butter.

Nutrition Facts



Properties

Glycemic Index:225.09, Glycemic Load:23.91, Inflammation Score:-9, Nutrition Score:17.799130135904%

Flavonoids

Cyanidin: 40.07mg, Cyanidin: 40.07mg, Cyanidin: 40.07mg, Cyanidin: 40.07mg Petunidin: 149.37mg, Petunidin: 149.37mg, Petunidin: 149.37mg, Petunidin: 149.37mg Delphinidin: 167.86mg, Delphinidin: 167.86mg, Delphinidin: 167.86mg, Delphinidin: 167.86mg Malvidin: 320.32mg, Malvidin: 320.32mg, Malvidin: 320.32mg, Malvidin: 320.32mg Peonidin: 96.01mg, Peonidin: 96.01mg, Peonidin: 96.01mg, Peonidin: 96.01mg Catechin: 25.03mg, Catechin: 25.03mg, Catechin: 25.03mg, Catechin: 25.03mg Epigallocatechin: 3.12mg, Epigallocatechin: 3.12mg, Epigallocatechin: 3.12mg, Epigallocatechin: 3.12mg Epicatechin: 2.93mg, Epicatechin: 2.93mg, Epicatechin: 2.93mg, Epicatechin: 2.93mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Kaempferol: 7.87mg, Kaempferol: 7.87mg, Kaempferol: 7.87mg, Kaempferol: 7.87mg Myricetin: 6.17mg, Myricetin: 6.17mg, Myricetin: 6.17mg, Myricetin: 6.17mg Quercetin: 36.34mg, Quercetin: 36.34mg, Quercetin: 36.34mg, Quercetin: 36.34mg Gallocatechin: 0.57mg, Gallocatechin: 0.57mg, Gallocatechin: 0.57mg, Gallocatechin: 0.57mg

Nutrients (% of daily need)

Calories: 313.66kcal (15.68%), Fat: 5.79g (8.91%), Saturated Fat: 2.73g (17.05%), Carbohydrates: 70.25g (23.42%), Net Carbohydrates: 58.83g (21.39%), Sugar: 48.26g (53.62%), Cholesterol: 10.76mg (3.59%), Sodium: 46.33mg (2.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.23%), Vitamin K: 91.88µg (87.5%), Manganese: 1.6mg (79.77%), Vitamin C: 46.18mg (55.98%), Fiber: 11.42g (45.67%), Vitamin E: 2.83mg (18.88%), Copper: 0.27mg (13.56%), Vitamin B6: 0.25mg (12.38%), Vitamin B1: 0.18mg (12%), Vitamin B2: 0.2mg (11.73%), Potassium: 368.67mg (10.53%), Vitamin B3: 2.02mg (10.1%), Vitamin A: 381.05IU (7.62%), Iron: 1.36mg (7.57%), Folate: 29.34µg (7.33%), Magnesium: 28.74mg (7.19%), Phosphorus: 62.42mg (6.24%), Vitamin B5: 0.6mg (5.97%), Zinc: 0.77mg (5.12%), Calcium: 30.44mg (3.04%), Selenium: 0.72µg (1.03%)